

Skin Care- One Medicine For Acne And Rosacea

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Azelaic Acid is one of the common products used nowadays for treatment of hyper-pigmentation, acne and rosacea.. Azelaic Acid is produced by *pityrosporum ovale*, yeast that lives on normal skin.

Azelaic Acid is normally used in a concentration of 20% in topicals for application to reduce hyper-pigmentation. Azelaic acid can also be combined with AHAs such as glycolic acid for skin color treatment. Azelaic Acid also helps treat acne, because it normalizes the skin shedding of follicles and also reduces bacteria *p.acnes*.

Those who do not normally tolerate hydroquinone as a bleaching agent can use azelaic acid in consultation with their doctor. If after application, any redness or itching or any such other reaction develops, stop use and consult your doctor immediately.

Azelaic Acid For Treating Acne And Rosacea

Azelaic Acid is used to treat acne and rosacea. It cures acne by killing the bacteria *P.acnes* that causes the acne. Azelaic Acid also opens the sebaceous glands by reducing production of keratin. With these two actions, azelaic acid reduces the acne inflammation and treats it. Azelaic acid is also widely used to treat the swelling, pustules and bumps in rosacea. How it cures rosacea is not understood yet.

Another use of Azelaic Acid is bleaching of skin. You can use Azelaic Acid to bleach hyper-pigmented skin. So, while treating acne or rosacea, you have to watch the skin color. If it is getting lighter, contact your doctor.

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About the Author

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